

ORR Ripples 1 – Spring 2026

Ages: 10–14

Level: Beginner / Limited Experience / Flatwater

Schedule: Saturdays, 10:00 am – 12:00 pm

Dates: June 6, 13, 20, 27

Duration: 4 sessions

Cost: \$100

Location: Ottawa Pumphouse Tailrace

Program Description

Ripples 1 is designed for beginners who are new to kayaking or have limited paddling experience. Participants will learn the fundamentals of kayaking, including:

- Kayak parts and equipment
- Safe entry and exit
- Basic paddle strokes
- Balance and boat control
- Confidence and comfort on flatwater
- Games, fun meet new friends

The two-hour sessions combine instruction, skill development, games, and fun on the water. Swimming and getting wet are a natural part of learning to kayak.

We use the flatwater section of the Pumphouse, located downstream from the clubhouse.

Due to ongoing construction along the return pathway, parents are asked to assist with helping participants and boats safely back to the clubhouse after each session.

Requirements

- Basic swimming skills are required.
- All kayaking equipment is provided.

What to Bring

- Water bottle – (no drinking water available on site)
- Sunscreen
- Bathing suit
- Clothing suitable for paddling and getting wet
- Quick-dry shirt (sun shirt, lycra top, rash guard, polyester T-shirt, or long sleeve)
- Please avoid cotton clothing.
- Warm, dry clothes for after the session.

Optional Equipment

(Not required)

- Wetsuit
- Paddling jacket

The club has a limited selection of wetsuits and paddling jackets available to borrow.

Membership

Participants must hold an Ottawa River Runners membership.

Membership information, fees, and benefits can be found here:

<https://www.ottawariverrunners.com/membership/>

Program registration:

[ZONE4 Registration](#)

Questions?

Please contact:

Tyler Lawlor

coaching@ottawariverrunners.com

We look forward to seeing you on the water!
